

# FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
Washington, D.C. 20549

OMB APPROVAL	
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person <b>YOWELL JOHN B</b>		2. Issuer Name and Ticker or Trading Symbol <b>OLD DOMINION FREIGHT LINE INC/VA [ODFL]</b>		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ X 10% Owner _____ X Officer (give title below) _____ X Other (specify below) _____ <b>Executive VP and COO / Member of Section 13(d) group</b>	
(Last) (First) (Middle) <b>C/O OLD DOMINION FREIGHT LINE, INC., 500 OLD DOMINION WAY</b>		3. Date of Earliest Transaction (Month/Day/Year) <b>09/15/2010</b>			
(Street) <b>THOMASVILLE, NC 27360</b>		4. If Amendment, Date Original Filed (Month/Day/Year)		6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person	
(City) (State) (Zip)		<b>Table 1 - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned</b>			

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	09/15/2010		S(1)		966	D	\$ 25.3404 (2)	146,529	I	As co-trustee of the Seth Morgan Yowell Irrevocable Declaration of Trust
Common Stock	09/15/2010		S(1)		966	D	\$ 25.3404 (2)	146,529	I	As co-trustee of the Megan Elise Yowell Irrevocable Declaration of Trust
Common Stock	09/15/2010		S(1)		50	D	\$ 25.3404 (2)	46,663	I	By Audrey L. Congdon Irrevocable Trust No. 2 dated 5/28/04 (David Congdon, Trustee)
Common Stock	09/15/2010		S(1)		1,962	D	\$ 25.3404 (2)	829,827	I	By wife as trustee for Audrey Lee Congdon Revocable Trust dated 2/17/05
Common Stock								58,198	I	By wife as trustee for Irrevocable Trust Agreement dated 12/18/98 fbo Megan Yowell
Common Stock								58,198	I	By wife as trustee for Irrevocable Trust Agreement dated 12/18/98 fbo Seth Yowell
Common Stock								104,856	D	
Common Stock								257,188	I	As trustee for Audrey L. Congdon Irrevocable Trust No. 1 dated 12/1/92
Common Stock								25,937	I	By 401(k) plan
Common Stock								8,929	I	By wife
Common Stock								430,651	I	By wife as co-trustee of the Earl E. Congdon



				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Reported Transaction(s) (Instr. 4)	or Indirect (Instr. 4)
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## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
YOWELL JOHN B C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360		X	Executive VP and COO	Member of Section 13(d) group

## Signatures

/s/ Joel B. McCarty, Jr., by Power of Attorney <small>Signature of Reporting Person</small>		09/17/2010 <small>Date</small>
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## Explanation of Responses:

\* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on August 30, 2010.

(2) The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$25.33 to \$25.41, inclusive. The reporting person undertakes to provide to the issuer, any security request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.

(3) The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$25.33 to \$26.20, inclusive. The reporting person undertakes to provide to the issuer, any security request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.

(4) The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$26.00 to \$26.20, inclusive. The reporting person undertakes to provide to the issuer, any security request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.

### Remarks:

The reporting person may be deemed to be a member of a "group" for purposes of Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are identified on a Schedule 13E

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.